

Emmitsburg Senior Center 301-600-6350 August 2011

<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>	<i>Saturdays Sundays</i>
1 Let's Talk @ 11 am Bowlers meet @ 12:15 Chicken Foot @ 12:30	2 Strength Training @10 am. Cards @ 12:30pm.	3 500 & Bridge @ 12:30 Pool @ 1pm	4 Strength Training @ 10 am Pinochle @ 12:30pm	5 Bob Ritchie (Movie Memories) 12:30pm Diabetes Class 10-2	6
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8 Bowlers meet @ 12:15 new bowlers are welcome	9 Strength Training @10 am Cards 12:30	10 Trivia @ 11:30 Bingo @ 12:30pm Pool @ 1pm	11 Strength Training @10 am. Pinochle @12:30 pm	12 Movie Memories Canasta @ 12:30	13
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15 Coffee ,Tea & Talk @11am Bowlers meet @12:15	16 Strength Training @10 Nurse Steve @11am	17 500 & Bridge @ 12:30 pm Pool @ 1pm	18 BFS Special Lunch (Crab Cake) Oldies But Goodies	19 Mt. Vernon Trip Movie Memories Canasta @ 12:30pm	20
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22 Bowlers meet @ 12:15 Chicken foot @ 12:30	23 Strength Training @10 am Cards @ 12:30	24 Environment Issues @11am Bingo @12:30pm	25 Strength Training @ 10 am Pinochle @12:30 pm	26 Inside Frederick Tour Canasta @ 12:30	27
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29 Bowlers meet @ 12:15 Chicken foot @ 12:30	30 Strength Training @ 10 am	31 500 & Bridge @ 12:30 pm Pool @ 1pm.		Ask Nurse Steve: Hospital Hints <div style="text-align: center;">*</div>	Grocery Shop On Thursdays after lunch.